

2016 Regional Program

Athlete: Carleen Mathews

2015 placing: 2nd place

2016 results: 1st place

Friday

8ish- 3 round 2min interval contrast shower

8:20- headspace, breath focus with positive imagery

8:30-9- breakfast, dress, bag check/prep

9:30- Physical Therapy @ X Factor - goal is to keep athlete off site in quiet, calm, low lighting setting

Athlete assessment- functional movement examine, mental assessment, event discussion

Shoulder- manual mobilization for maximum shoulder flexion and external rotation

Thoracic- vertebral on vertebral mobilization, rib on vertebral mobilization for maximum extension

Hip prep - hip flexor release, super quad release, manual mobilization for maximum flexion and extension

* Snatch prep- assess wrist extension, scapular retraction, loaded hip flexion

10:45- finish PT, snack, meal and apparel check/prep

11- depart for venue

11:15- Scout treatment location looking for semi private, seeking optimal lighting/noise/isolation

11:15 - Check in with Chris, begin Event 1 warm up/prep

11:25- general warm up progressing towards snatch prep

12:30- 1:10 **Event 1**

1:15- 10min airfit cool down, post WOD nutrition

1:45- Second Physical Therapy session

Assess shoulder/wrist/lumbar/hip range of motion

grip recovery- thumb release following hook grip, radial nerve flossing

Thoracic and neck- mobilization to normalize range of motion, reduce trap strain

Physiologic Recovery- stick flushing hip flexors/quads, graston to grip/triceps/ posterior shoulder/trap

2:20 Normatec lower leg and hip complex with moderate elevation, headspace, imagery for event 2

2:40- event 2 discussion- review strategy, pacing, gearing, clothing, nutrition

3:30 **Event 2**

4:20- 10min airfit, 2 min ice bath.

4:40- Third Physical Therapy session

Assess athlete health, hand tears?, tissue health or soreness, limitations in range of motion, stress level

6:15- athlete brief with nutrition/ hydration in hand

6:45 Potential Cryo/ return to hotel

General PM- Norma tec, Marc pro, foam roll, dinner, headspace.

Self treatment focus- Upper trap release, pec release, tricep release

Complex locations of choice- round 1- upper trap, triceps, round 2- grip, biceps

Day 2 outfit and nutrition prep for Saturday.

Saturday

8ish- 12min contrast shower

8:20- headspace, breath focus with positive imagery

8:30-9- breakfast, dress, bag check/prep

9:30- Physical Therapy @ X Factor

Assessment- treatment to optimize shoulder flexion, elbow extension and tricep health

Hip- mobility required for below parallel squats, hip mobility for optimal knee tracking for both squat and pistol

Pistol focus- manual therapy for calf range of motion, maximum dorsiflexion

10:45- finish PT, snack, meal and apparel check/prep

11- depart for venue

11:15 - Begin Event 3&4 warm up/prep

11:25- general warm up progressing to pull up and pistol specific patterns

12:40- **Event 3&4**

1:15- 10min airfit cool down, post WOD nutrition

1:45- Second Physical Therapy session

Grip recovery from hang clean and pull up

Quad recovery from pistols and wall ball

Physiologic Recovery- stick flushing of quads, forearms, glutes, lumbar spine

Transition to preparing hip, lumbar and thoracic spinal regions to prepare for heavy deadlifts of event 5

2:20 Normatec upper trunk and arms 15min, Normatec hip and leg piece 15min headspace, imagery for event 2

2:50- event 2 discussion- pacing, strategy, apparel and equipment

2:55- posterior chain focused + general warm up

4:00- 4:20 **Event 5**

4:20- 10min airfit, 2 min ice bath.

4:40- Third Physical Therapy session

Functional range of motion and positional assessment following 5 events. Educate athlete and check on mental and emotional state

Physiologic Recovery- review home program to perform at hotel, use of Compex, marc Pro, Normatec, ball work, cupping

6:00- debrief / next day preparation

6:10- athlete briefing with hydration and nutrition in hand

6:45 - 3 min Cryotherapy session / return to hotel

General PM- Norma tec, Marc pro, foam roll, dinner, headspace.

Self treatment focus- Upper trap release, hamstring/low back, tricep release

Compex locations of choice- round 1- upper trap, lats, round 2- grip, biceps round 3- low back/hip flexor

Day 3 outfit and nutrition prep for Saturday.

Sunday

8ish- 12min contrast shower

8:20- headspace, breath focus with positive imagery

8:30-9- breakfast, dress, bag check/prep

9:15- Physical Therapy @ X Factor

Focus- handstand walk, overhead squat

Optimize wrist extension, elbow extension, thoracic extension

Shoulder muscle release to lats, subscapularis, upper trap. Joint mobilization for end range flexion with external rotation for handstand and overhead squat

10:30- snack, meal and apparel check/prep

10:30 depart for venue

10:50- begin event prep

11:00- warm up with handstand, overhead sq barbell transitions

12:00- **Event 6**

12:25- 10min airfit cool down, post WOD nutrition

12:50- Second Physical Therapy session

Focus- thruster and thoracic treatment

Stick flushing large muscle groups, voodoo band ankle/knee/elbow/shoulder/wrist for joint compression and tendon circulation, myofascial graston work for physiologic focus after 6 events vs localization and tissue specific care

1:40 Normatec, headspace, imagery for event 2

2:15- event 2 discussion per Chris instruction

2:45- posterior chain recovery+ general warm up + thruster and jump prep

3:30- **Event 7**

4:00- 10min airfit, 2 min ice bath

4:30- pack up gear, shake hands, pose for photos, kiss babies

4:50- podium, praise your Coach and PT to everyone who will listen

5:20-5:50- Games Administration- photo session, urine based drug test, apparel fittings

6:00- take 15 minutes in gratitude and reflect on what you have accomplished

6:15- get your phone back

6:30- consume a banana split, black out while missy drives you to St Helens